

INTERNATIONAL YOGA DAY CELEBRATIONS – 2026



"Yoga is the journey of the self, through the self, to the self."

AMS P. Obul Reddy Public School celebrated **International Yoga Day** on **20 June 2026** with great enthusiasm and active participation from students of **Pre-Primary to Grade XII**, teachers, and staff members. The celebration aimed to promote awareness about the importance of yoga in achieving physical fitness, mental well-being, and emotional balance.

The programme commenced with a warm welcome extended to the distinguished guests, school leadership, teachers, and students. The event was graced by our respected **Principal, Ms. Vinita**, **Vice Principal, Ms. Deepika Pasupulati**, Headmistresses **Ms. Radhika Srinivas**, **Ms. Sri Vani**, and **Mrs. K. Vijayadurga**.

The school was privileged to host two esteemed yoga instructors. **Ms. Nikhila Gottumukkala**, a Certified Yoga and Wellness Instructor trained at Sadhguru Gurukulam, was warmly welcomed. With extensive experience in conducting yoga and wellness programmes for diverse groups, she has inspired thousands to embrace a healthy and balanced lifestyle. The gathering was equally honoured by the presence of **Mr. Sripathi Srikar Reddy**, a Certified Hatha Yoga



Teacher from Sadhguru Gurukulam, Isha Yoga Centre, who has dedicated several years to spreading authentic yogic practices among people of all age groups.

As a token of gratitude and a symbol of commitment towards a greener future, saplings were presented to the guests by the Principal and Vice Principal.

A significant highlight of the programme was the **Yoga Day Pledge**, led by the Vice Principal, reaffirming the school community's commitment to health, discipline, mindfulness, and social responsibility.

The gathering was then addressed by the **Physical Education Head of Department**, who emphasized the importance of incorporating yoga into daily life for overall well-being. The guest speakers, Ms. Nikhila Gottumukkala and Mr. Sripathi Srikar Reddy, shared valuable insights into the transformative



benefits of yoga and encouraged students to adopt yoga as a lifelong practice for physical, mental, and emotional wellness.



Students from **Pre-Primary to Grade XII** enthusiastically participated in guided yoga sessions. The younger children performed simple breathing exercises and basic yoga postures with remarkable enthusiasm, while students from the primary, middle, and senior sections

demonstrated various asanas, pranayama techniques, and mindfulness practices. The sessions fostered concentration, flexibility, self-discipline, and inner calm among the participants.

The event successfully reinforced the significance of yoga as a holistic approach to health and wellness. It served as a reminder that yoga is not merely a form of exercise but a way of life that nurtures harmony between the mind, body, and spirit.

The programme concluded with the singing of the **National Anthem**, leaving everyone inspired to embrace yoga as an integral part of their daily lives and to work towards a healthier and happier future.

